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This extraordinary production is the work of Sir John Sinclair. I understand that he got the facts, or supposed facts, from the Ad:: miral in the course of common conversation, & then surprised him by letting him see his whole personal history in print. —

H. C.

Henry (John) Admiral

AN

ACCOUNT OF THE MEANS

BY WHICH

ADMIRAL HENRY,

OF ROLVENDEN IN KENT,

Has cured the RHEUMATISM, *a Tendency to* GOUT, *the* TIC DOULOUREUSE, *the* CRAMP, *and other Disorders*;

AND BY WHICH

A CATARACT IN THE EYE WAS REMOVED.

WITH

Engravings of the Instruments made Use of in the several Operations practised by Admiral Henry.

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INTRODUCTION.

It is well known, that various modes of *friction*, or operating on the skin and muscles, are practised in different countries. In Europe, the outside of the skin is rubbed with a flesh brush, or with gloves made of hair, or coarse woollen yarn; sometimes accompanied by fumigations. In the East Indies, friction with the hand, or what is called *champouing*, is generally practised; and the skin and muscles are pinched by the fingers of the operator, with a view of rendering them flexible. A similar plan has likewise been adopted by Mr. Grosvenor of Oxford. But these operations are but slight and trifling, compared to those which have been practised by Admiral Henry.

The author of this little tract is well aware, that such plans as those which he proposes to describe, are liable to ridicule, are not likely to have many imitators, and indeed ought not to be tried without precaution, particularly by those with inflammatory constitutions. But he will be amply recompensed for any trouble he may have had, in collecting the information herein contained, if the hints he publishes, should prove serviceable to a single individual, more especially of the poorer classes of the community,

whose subsistence and comfort depend upon the preservation of their health. How many are there disabled from labour by the rheumatism, without being in so wretched and crippled a state as Admiral Henry was, who might, at little or no expence, get rid of that disorder, by following the means of cure, which he has so successfully practised?

The system adopted by Admiral Henry for the preservation of health, and the cure of disease, is certainly the most extraordinary that has hitherto been put in practice; but though the remedies are violent, they are not, on that account, to be hastily rejected, and will, in several respects, stand a comparison with any system hitherto recommended. Cornaro, for instance, contrived, by the greatest privations, to preserve a vegetable kind of existence, by means of which, however, he could never have cured himself of any of those violent disorders with which the Admiral has been afflicted. Whereas the latter can live as other people do, without an unceasing attention to his diet and mode of life, full of activity and spirit, and, at the age of 85, in full possession of all his faculties.

In order to explain how this was effected, it is now proposed to state, 1. The origin of the system. 2. Its general principles. And 3. Its practical details.

I. *Origin of Admiral Henry's System.*

Admiral Henry was born at Holyhead in the island of Anglesea, on the 28th of September, 1731, and consequently was, on the 4th of October 1816, turned of 85. He went into the navy in the year 1744. Whilst on service, he had his thigh bone completely broken by a hawser, in 1746. He was at the capture of the Havannah in 1762, first lieutenant of the Hampton-Court. During the American war, he was made, in 1779, a captain, by that distinguished admiral, Lord Howe, in consequence of his success in taking Mud Island in the Delaware, which was considered at the time a most important service. He was made an Admiral in 1794, is now an Admiral of the Red, and the twelfth on the list. He was married; had no family, and is now a widower.

Soon after the close of the American war, an. 1786, Admiral Henry returned to the parish of Rolvenden in Kent, where he had formerly resided, and where, during his absence, a house had been built for him, in the neighbourhood of a pleasant village, about 55 miles from London, 21 from Maidstone, and 3 from Tenterden. He has resided there ever since, with the exception of about a year and a quarter, during which period he was on service with the gallant Sir

John Jervis, now Earl of St. Vincent, and assisted in capturing the French Islands in 1793 and 1794.

It was in the year 1787, however, that he began his operations on his body, in a very slight and trifling manner, not knowing but that they might prove injurious, and his friends being extremely apprehensive that he would do himself much mischief. But being of a persevering turn of mind, and finding himself rather benefitted than otherwise, he resolved to give the plan a fair trial.

II. *General View of its Principles.*

Admiral Henry's system seems to be founded on the following principles. 1. That the chief cause of disease in the human frame, is deficiency of circulation; and that the best means of correcting a tendency to disease is, to prevent the nerves and tendons from falling asleep, or getting fixed; for which purpose they should be kept quite loose by instruments worked amongst them; and, 2. That by keeping the blood-vessels, nerves, and tendons in constant action, by means of the bone instruments, the blood is rendered pure, it passes quickly through the blood-vessels, leaving no fur behind it, and thus that ossification, which so often terminates human existence, is prevented. Hence notwith-

standing Admiral Henry's advanced period of life, when he lies stretched in bed, he feels his pulse beat strong in his thighs, his knees, and feet, and all over his body.

III. *Practices adopted by Admiral Henry.*

In detailing the information communicated by Admiral Henry, it is proposed to explain; 1. The nature of the instruments used; 2. The mode of application to the different parts of the body; 3. The cure of the rheumatism effected by them; 4. Their advantage in gouty affections; 5. Their use in removing cataracts in the eye; 6. His curing the *tic douleureuse;* 7. Hints for remedying other accidents and disorders; and, 8. The system adopted by Admiral Henry in regard to diet, exercise, clothing, and sleep; with the result of the whole inquiry.

1. *Instruments used.*—The instruments are all of a violent description. The nature of their form will be seen from the annexed engraving. They were at first made of bits of wood, as they could easily be fashioned into any shape, but finding that they excoriated the skin, he was induced to try bone, which answers the objects in view. The bones are boiled to take out grease, and then are smoothed and shaped by a file,

The bone instruments are principally made from the ribs of cattle, and it is a great advantage to have them bent, as they can thus be applied more successfully to the different parts of the body. Any knobs are preserved, and others, where necessary, made with a file, so as to apply with effect across the tendons, as they are of great use in forwarding the process, particularly if they are situated in the middle of the bone. A list of the instruments, in reference to the engraving, shall afterwards be given.

2. *Mode of application.*—Every part of the body ought to be daily acted upon by some of these instruments, for the purpose of preserving health, and warding off the infirmities of old age. It was in the year 1787, that he was accidentally led to apply the wooden tools to his knees, ancles, and insteps, which were all much swelled and hard, owing to the rheumatism, and very painful when touched: and though the operation was slightly done, yet he found considerable benefit from it. This gave him more confidence in the success of his plan, and induced him afterwards to try larger and stronger instruments, and to apply them with more force.

To strengthen the feet, Admiral Henry is accustomed to tread the one over the other, with

the shoes off, or entirely naked; he also uses the hammer, with a piece of cork covered by leather, at the end of it, for the soles, and the bone instruments to move the tendons. His feet have thus become perfectly sound and well. By the same instruments, he has greatly strengthened his heels, and the tendon Achilles, both of which require constant beating, the circulation being very sluggish in both places. The lower tendons are much improved, by beating them against the edges of one chair, sitting on another. The chair thumped on, must have a wooden bottom. By striking the hams or inside of the knee, against the corner of the chair you sit on, with great violence, the perfect use of the limb may be acquired.

The thighs cannot be too much hammered, and if it is left off, they soon feel the want of it. The Admiral uses the round ends of common glass vials for that purpose, corked, to prevent their breaking, and smoothed by a file. A solid piece of glass may likewise be used, made in the shape of a vial, smooth at one end, the other should have a lip like the common vial, but stronger, and rounded, as it then may be applied to move the tendons.*

* While in bed in the morning, it is of much use, with a vial bottle in each hand, to pinch very hard with the two ends of the vials, both sides of the heels, the tendon Achilles, up the calf of the leg, the ham, and the inside of the thighs.

The stomach and bowels had long been in a very bad state; hard, painful when touched, and often disordered: but by working them in bed, with a bone rounded at the end, in each hand, digging into the stomach as much as possible, particularly about the navel, and making the two instruments meet among the bowels, as much as they could be forced to, the stomach is thus rendered so strong, that it will digest any thing.*

The whole of the breast should be worked hard with the vials, and up and down over the lower edge of the breast-bone. The collar-bone should be treated in the same manner: and the bone instruments should be also applied to the tendons under the cheek-bones. The ends of the two thumbs should be applied to each side of the gullet, and the gullet parted from side to side with much force, which will prevent an ossification of the throat, and keep the two passages clear.

The mouth, in general, and under the tongue, ought to be treated in the same manner, either with the back of a desert silver spoon, or with tools made from the handles of old tooth brushes. The roof of the mouth also, should be thus

* The scrotum ought not to be neglected; and it is singular that the testes, which from age had become small, became, in consequence of these operations, as large as ever they had been.

rubbed, which prevents the swelling of the uvula, and sore throats.

The whole skin of the head, more especially the hind part, requires to be frequently rubbed and scraped by the bone instruments, or by a table-spoon. It clears off all scurf, and so hardens the head, that Admiral Henry, who, before he used these operations, could not sleep without two double flannel night-caps, now only wears a single linen one, in the coldest weather.

The arms and hands are to be treated in the same manner, and with as much force as they can possibly bear. When he first applied the wooden instruments to the arms with great violence, he found that the flesh became discoloured, and was obliged to desist for a fortnight; at the end of that period, however, he was enabled to apply the instruments again, without so much pain, and with benefit; and now no pinching or blows have any effect in discolouring the skin.

Whenever he finds any part painful, on the tools or instruments being applied to it, he is convinced, that the nerves or tendons are asleep or diseased; and he never ceases working with the tools, until all pain ceases on their application, and the tendons feel loose.

Many of these operations are at first painful,

but they cease to be so, if persevered in, and become even pleasant, and so useful, that after going through these operations in the morning, one feels better all the day after. If regularly done for some time, the muscles become so sound and firm, that neither pinching, nor even beating with violence, gives any pain; while with the improvement of the frame, the mind becomes stronger, the spirits improve, and the faculties are strengthened.

3. *Cure of the Rheumatism.*—It was in the year 1782, that Admiral Henry was first affected by the rheumatism, which he had in so violent a degree, that he could only crawl about, had pains all over his body, and at last became quite a cripple. Though he found himself much the better for the applications he had tried of wooden tools in 1787, yet the swellings in his knees, ancles, and insteps, continued till the year 1810, when he began to use a common hammer made of iron, with a bit of cork on the head, and covered with leather. He persevered in using this tool, for about three years, night and morning, together with small bone instruments, with knobs, for loosening the tendons. He has now completely succeeded in removing the swellings; and by keeping up the practice, he finds that the limbs are not only kept well, but that they are improving every day.

4. *Cure of Gouty affections.*—Any tendency to the gout felt by Admiral Henry, was in the hand, and particularly in the fingers, which became swelled and contracted. The middle finger in particular, had become so extremely stiff, that it was impossible to move it. It bent upwards at the middle joint, and the fore finger was also stiff. All these contractions and weaknesses, are now however removed; and not only are the hands and arms firm and steady, but the fingers have become quite flexible.

5. *Cure of a Cataract.*—This most unpleasant complaint began to form on Admiral Henry's left eye in the year 1782, but was neglected, as he saw well with the right eye. He was accidentally led to rub it, the eyelids closed, with the joint of the thumb, and thought the eye was the better of it. He then began, in hopes of dispersing the cataract, to use the round end of a glass vial, smoothed by a file. Sometime after he perceived a glimmering of light, and being of a persevering disposition, continued the practice, and in less than two years more the cataract was dispersed. About two years afterwards a cataract came upon the right eye, which gradually increased. He did not try the friction plan with it, but was prevailed upon to get it extracted, as a quicker mode of cure. The

operation was performed with great skill by a distinguished occulist, in 1799, but an inflammation taking place, the eye was lost; so that had it not been for the successful dispersion of the cataract on the left eye, the Admiral would have been quite blind.

6. *Cure of the Tic Douloureuse.*—Admiral Henry remained for six weeks in London, after the operation for the cataract, to see if any thing could be done for his right eye; but in vain. He then returned to Rolvenden, and in about two months afterwards, was seized with the Tic Douloureuse, in that eye. Different washes were recommended to him, but though the directions were carefully attended to, they were of no use. This complaint continued for twelve months, with two fits a day, of three or four hours each in duration, the eyes close shut the whole time, accompanied by the most excruciating torture. Hemlock, in great quantities, was then recommended, and a seton behind the neck. By these means he was slowly relieved for about six months, but he was reduced to a state of great weakness. The complaint having ceased, the Admiral was advised to give up the hemlock, and to heal the seton. In about a fortnight after, the pain returned with as much force as ever, and from his having been so much weakened, it became more severe. He then

expected that it would destroy him. He accidentally was led to scrape the upper eyelid down, for a few moments, with a small piece of silver, and the complaint has never since returned. This leads him to conjecture, that the nerve, on which that pain depended, resides in that spot, for the operation of scraping, had been tried on the temple, and all round the eye, and was of no use. He continues to scrape the upper eyelid, with the bone instruments.

7. *Cure of other Disorders.*—By the same operations other complaints are cured. Admiral Henry had formerly been much troubled with corns, but has had none, since he adopted the practices above described. It is an effectual remedy against chilblains, to beat the heels and feet with a broad wooden instrument, an engraving of which is annexed. Admiral Henry strongly recommends mixing one-sixth oil with five-sixths rum, as superior to any other preparation for healing cuts. It ought to be applied, as soon as possible after the accident happens, covered with a rag, (for the wounded part must not be exposed to the air, until it is well), and two or three drops occasionally applied to it. The spirit heals, and the oil strengthens the parts. The same mixture is the best remedy for an ulcerated sore throat, used in this manner.

A vial with the rum and oil must be taken to bed, and the patient, when lying on his back, must take about a tea-spoonful in his mouth out of the vial, and keep it as long as he can at the entrance into the gullet before swallowing: this to be frequently done in the night time. No family should be without a vial of that mixture, which may be kept for any length of time, and is so highly useful. It should be well shaken in the vial before it is applied.* With a common vial in each hand, filed smooth at the end, Admiral Henry, by pinching the legs from the heel to the ham very hard, and the back, and inside of the thighs, has entirely driven away the cramp.

8. *Miscellaneous particulars.*—In regard to diet, Admiral Henry takes any thing that is presented to him at breakfast or dinner, but no tea or coffee in the evening, as it prevents his sleeping. For supper he takes boiled milk, with a large slice of stale bread, either boiled with it, or put in afterwards, which is converted into a kind of mucilage, and the same mess for break-

* For rheumatic, or gouty swellings, a gentleman recommends the following plan: take half a pint of brandy, a quarter of a pound of black soap, two ounces of camphor, heated over the fire till it forms an ointment, rub in the ointment on the parts swelled. It may likewise be applied on flannel bandages.

fast, when alone.* He uses no salt, pepper, mustard, or vinegar, requiring no stimulants to assist his digestion. He takes at the rate of half a dozen of glasses of wine, either white or red, sometimes more and sometimes less, unmixed with water, that he may relish it better, but as much water afterwards as the wine he had taken, which prevents any bad effects from the wine.

In regard to exercise, he is constantly in motion, and never sits down, except when reading, or at meals. The use of the tools, which insures the free circulation of the blood, renders any other sort of exercise less necessary.

There is nothing particular in his mode of clothing, except that he wears, in cold weather, even in the house, a surtout of common woollen stuff, for women's gowns, worth 20*d.* a yard. This dress in walking in very light, it is made to button its full length to below the knee, it thus keeps the wind off the body, and not fitting close,

* In regard to the alvine discharge, he is not regular; sometimes once a day, sometimes every second or third day, and sometimes once a week, which he considers as quite sufficient. The fæces are always hard. He has always at hand a bottle, in which four ounces of Epsom salts are dissolved in a quart of cold water, and if costive longer than a week, he takes a wine glass of this medicine, in bed, at six in the morning, which carries off all crudities.

always contains a warm atmosphere round the body. He never wears a cloth great coat, which gets very wet in rainy weather, and must then be extremely injurious. Since the introduction of umbrellas, the use of great coats, except on horseback, may be given up.

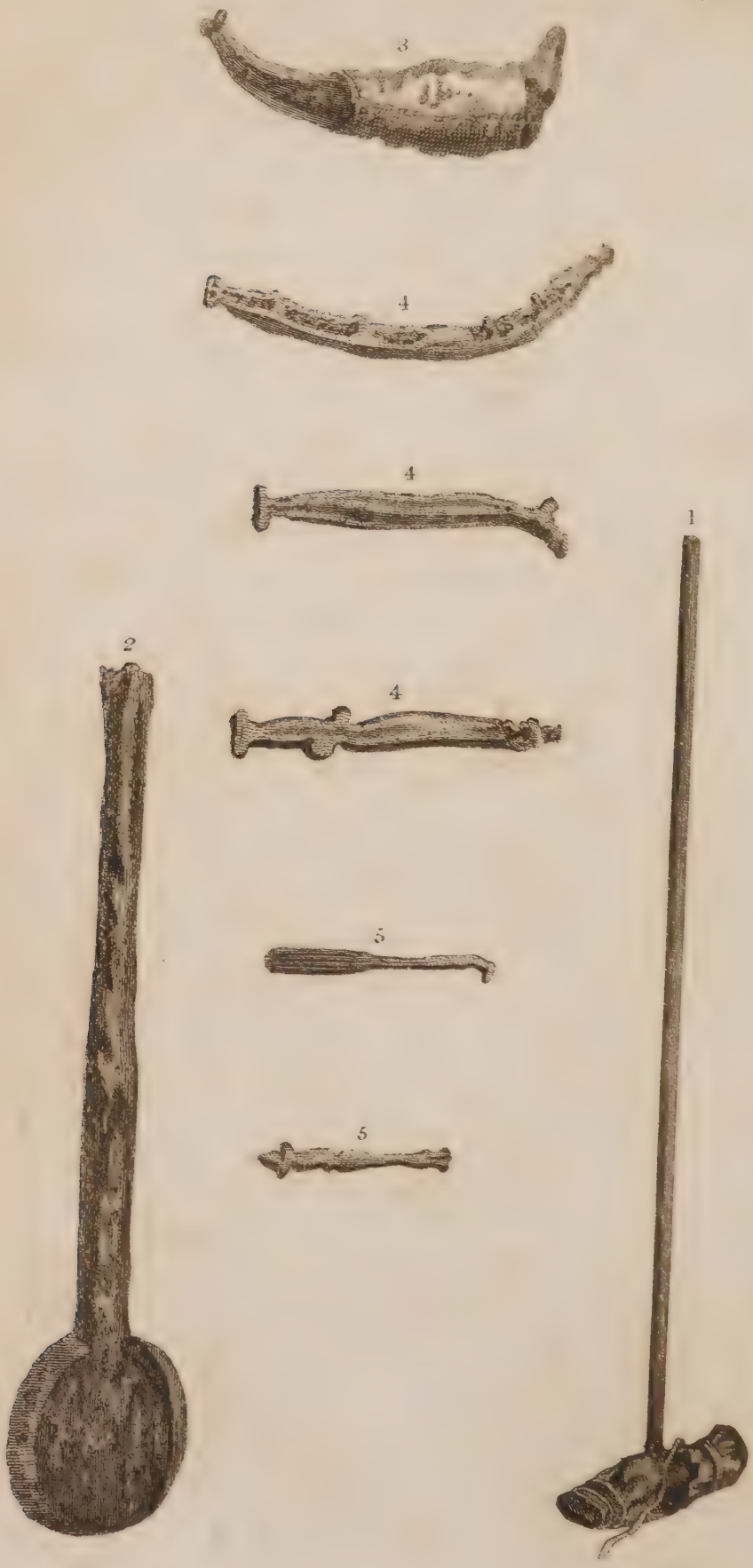
As to sleep, he goes to bed at nine o'clock, when he has no company staying with him, and uses his instruments in bed for a couple of hours. He never sleeps above from four to six hours, and he does not feel so well afterwards, if he takes more repose. He is always ready to get up with pleasure in the morning.

The Result.

Thus it appears that Admiral Henry, *with a view of preventing and curing disease,* has taken more liberty with the human frame, than probably any man has ever, before him, attempted; and that it has never till now been ascertained, what the body could bear, not only with impunity, but with advantage. The result is, that Admiral Henry at the age of above 85, has all the activity of youth;—has got the better of several disorders with which he was afflicted;—feels himself now in as good a state of health as any man in England,—and is likely long to enjoy that blessing, having discovered the means, by which, so far as his experience goes, maladies

THE INSTRUMENTS USED BY ADMIRAL HENRY.

To face P. XIX



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that might otherwise be fatal, may be cured; and many of those disorders, to which old age is liable, may be warded off.

London, November, 1816.

Description of the Instruments.

1. The hammer. It is covered with leather, and has a piece of cork at its head.

2. An instrument made of wood, for beating the heels and soles, where the circulation is very sluggish. This prevents chilblains.

3. The beater to be used in bed. It is short, and handy for that purpose. To give it more force, it has some lead all round the middle part of it, covered with leather.

4. Bone instruments, for rubbing various parts of the body, with knobs to work among the tendons.

5. Small bone instruments for the inside of the mouth.

Admiral Henry found it extremely difficult to apply any instrument to the back-bone, a defect in which occasions stooping, particularly in old men. He has been accustomed, therefore, to rub his back-bone, with only his shirt on, against the mouldings of a door, which answers

the purpose effectually.* An old mop-stick, with the end made round and smooth, he also makes use of for the stomach and bowels, putting the lower end at the surbase, that it may not slip, and pressing the stomach and bowels hard upon it. He also recommends, when a person is in bed, lying on his back, to put the right foot on his knee, and with a vial in his left hand to rub across the tendons of the foot and toes. The same with the other foot; and with the side of the vial, to rub across, and up and down the shin bone, and the knee pan. He has lately fallen upon a method of pinching his lips between two vials, which he is of opinion might prevent a cancer in those parts. The hinges of the lower jaw, should be well worked with the thumbs, which will prevent spasms; and the same operation, might, he thinks, loosen a locked jaw, if performed with sufficient force.

* The moderate, but persevering use of dumb-bells, is of use in preventing the stooping of old age, which is owing to the muscles becoming relaxed, and thence the shoulders shrink and droop.

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